



Location: 36 South Main St.
Hours of Operation: Mon - Fri 8 AM - 4 PM
Phone: (508) 278- 8622

The Silver Center News

UXBRIDGE COUNCIL ON AGING NEWSLETTER

www.uxbridge-ma.gov/coa

June 2015



Marsha Petrillo - Director
Donna Oncay - Admin Assistant
Lynne McPherson - Chef de Cuisine
Peter Waeger - Transportation



LUNCH AND LEARN WITH POLICE CHIEF

LOURIE Join us on Friday, **June 5** for our monthly Lunch and Learn with Police Chief Lourie. Call early and reserve your spot for lunch. We are very thankful to be working so closely with our Police Department.

SHOPPING TRIPS - NOTE: SCHEDULE CHANGE

Grocery shopping every Tuesday- Pick up begins at **1:00 PM**. We have changed the time to make it easier to get people to lunch and give everyone time to get their shopping done.

Walmart shopping - 2nd and 4th Thursdays of the month - Pick up begins at **12:30 PM**.



COMPUTER CLASSES - Computer classes will end on **May 28** and resume in October.

LUNCH AND LEARN POWER HYDRATION - SENIOR COMFORT SERVICES.

On **Friday, June 12** from 11:30 to 12:30, Claudia Dexter and Patti Toupin from Senior Comfort Services will be with us. They will present an in depth look at the power of water on our brains, organ functions, and the importance of avoiding dehydration.



FATHER'S DAY CELEBRATION - On Monday, **June 22**, we will celebrate Father's Day with a special luncheon. Call early to reserve your meal - 508-2278-8622.

I base my fashion taste on what doesn't itch. - *Gilda Radner*
If you look good and dress well, you don't need a purpose in life.
- Fashion consult *Robert Pante*

Wish List

- Dish washing soap
- Dessert sized plates & bowls
- Tea bags

Thank you all for your thoughtfulness and generosity! We continue to need donations of dish washing soap, dessert size plates, bowls, and tea bags. We will also accept monetary donations to our lunch program or to the Elderly Connection. The Uxbridge Elderly Connection raises funds to help support many of the activities and the purchase of much of the equipment that is not covered by our budget.

SENIOR CENTER SUPPORT

We welcome the support of anyone in a position to give and make a significant difference in the lives of our elders through supporting the important work of the Uxbridge Senior Center. If you or someone you know benefits from the programs and information provided by the Senior Center please consider giving a donation so we can continue with our programs. Any amount is greatly appreciated. Feel free to contact us at 508-278-8622 or visit us on our web page at Uxbridge-ma.gov/coa or like us on our Facebook page by googling Uxbridge Senior

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- Please call the Senior Center 48 hours ahead at 508-278-8622 to reserve your meal and also to arrange for transportation to lunch and medical appointments. Van transportation begins at 10:30 AM each day. Please check with the Senior Center, Uxbridge Cable Station or the Council on Aging website for the Lunch Menu. (uxbridge-ma.gov/coa)
- The Senior Center is a drop off site for the People First Food Pantry. Donations are accepted Monday through Friday from 9 AM - 4 PM.

June Newsletter

SENIOR CENTER SUPPORT

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Center. One can also donate directly on-line via the town's web page or by mail. The Uxbridge Senior Center is located at 36 South Main St, Uxbridge, MA, 01569. Thank you!

SHINE'S MEDICARE AND MORE

-The Central MASS SHINE Program is now sponsoring a monthly Cable TV program called SHINE'S MEDICARE AND MORE, on your local cable channel. This program is designed to educate and update Medicare beneficiaries and their families on Medicare and other programs that can assist you with your health insurance needs. If you don't see it on your local cable channel give them a call and ask about it.



The Uxbridge Senior Center in Conjunction with the Sunshine Club Will Be Offering the following Trips:

June 19, 2015 –Newport Flower Show, lunch at the Pier, \$68.

Sept. 17-19, 2015 – 3 days with 5 Gold Coast Mansions –The Great Gatsby Gold Coast Tour, Long Island, NY, \$445.

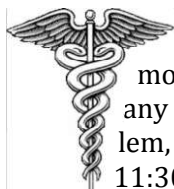
June 19 –Newport Flower Show, lunch at the Pier, \$68.

Sept. 17-19 – 3 days with 5 Gold Coast Mansions –The Great Gatsby Gold Coast Tour, Long Island, NY, \$445.

October 12-15 -4 days Lake George and Lake Placid, \$489.

November 16-19 – Lancaster Amish Christmas Show Tour, 4 days, \$489.

All trips are open to anyone who wants to have a good time! They leave from the Job Lot parking lot in Whitinsville and also from the Westboro Senior Center. For more information, call Sue at 508 372-9266.



ASK THE NURSE - Ann Labonte from Salmon Health will be available on the 3rd Tuesday of each month to do the blood pressure clinic. A new feature starting in April will be Ask the Nurse. If you have any questions about new symptoms you may have, questions about medications, or any other health problem, she will be able to help you with them. She will be here on Tuesday, **June 16, 2015** from 11:30-12:30.

NAVICARE - Jessica Recore, NaviCare Account Executive will be here on Tuesday, **June 9, 2015** from 11:30am to 12:30 to answer any questions you have about NaviCare. You are eligible to join Navicare if you are 65 or older, live in our service area and have MassHealth.

Jessica will be here on the 2nd Tuesday of every month for your convenience.

10th Annual Elderly Connection Golf Tournament!

Save the Date!



The 10th Annual Golf Tournament will take place on Saturday, **June 13, 2015** at the Crystal Lake Golf Course in Rhode Island. Make plans to join us for this Special Event. Fee for one person is \$130, for a foursome \$520 and for buffet only \$30. This Elderly Connection fund raiser helps the Senior Center by providing funds for special programs and other needs not covered by the budget. Part of the funds raised this year will go toward building a patio behind the Senior Center. Call Peter DiBattista at 508-243-5666 or Pete Petrillo at 508-278-55106 for more information and to sign up.

BEREAVEMENT COUNSELING – Are you dealing with the loss of a loved one, losing a job or your home or just need to talk to someone? Please call the Senior Center and make an appointment to talk to our bereavement counselor, Dr. Carl Schultz. Dr. Schultz comes to us with impressive credentials. He is available for people of all ages by appointment. All sessions are free, private and confidential. Call the Senior Center at 508-278-8622 to make an appointment.

NEW MASSACHUSETTS MOTOR VEHICLE LIGHT LAW



A new law took effect on April 7, 2015 requiring the use of headlights and taillights on motor vehicles during inclement weather and when windshield wipers are in use. The law is intended to increase safety and visibility on the roadway. The law requires that front and rear lights be activated in all of the following conditions: when windshield wipers are on, when low light or weather conditions prevent other vehicles or persons from being seen at 500 feet, and from ½ hour after sunset to ½ hour before sunrise. Day-time running lights are not sufficient under the law. A violation may cause a surcharge on your auto insurance.

DID YOU KNOW ?

1. 11% of people are left handed?
2. Rabbits like licorice?
3. Reindeer like bananas
4. An ostrich's eye is bigger than its brain?
5. The longest recorded flight of a chicken was 13 seconds?
6. Birds need gravity to swallow?
7. The least used letter in the alphabet is Q
8. Macadamia nuts are toxic to dogs?



TAKING CONTROL OF YOUR FUTURE: A LEGAL CHECKUP



We are very excited to invite you to participate in the Massachusetts Bar Association's 2015 Elder Law Education Program presented with the cooperation of the Massachusetts Chapter of the National Academy of Elder Law Attorneys. The program, A LEGAL CHECK-UP-PLANNING TO LIVE WELL AND PROTECT ASSETS, will be presented by Attorney Timothy Borchers on Thursday, **June 18, 2015** at 6 PM. Topics to be covered are: Competency and incapacity, Long term care insurance, Long term care, Reverse Mortgages and Special consideration for dependent adult children. Please call the Senior Center for further information at 508-

Classical music is the kind we keep thinking will turn into a tune.

"I know not what course others may take; but as for me, give me liberty or give me death!"

ARE YOU AWARE OF THE NUMBER OF PEOPLE HELPED AT THE UXBRIDGE SENIOR CENTER ?

The numbers below represent people served in
April 2015

Telephone Calls	1,150
Meals Served	530
Daily Visitors	780
Medical Runs (Round Trips)	130
Hannaford Shopping (Round Trips)	24
Director Outreach	394
SMOC Fuel Assistance	0
Walmart Shopping (Round Trips)	24
Lunch Pick Up	152
Computer Classes	0
Tax Appointments	68
Other van runs for appointments	12

